

Casuarina Pilates Classes and Other Fun Ways to Exercise

Most people are aware of the importance of eating healthy food and being active, but that does not mean that it is something easy to do. Some people simply dread the idea of having to visit the gym. Many times this has more to do with the perception of exercise as something boring rather than simple laziness. Motivation is one of the key elements when you want to succeed and meet your goals, whether it is to lose weight or be stronger.

Casuarina Pilates classes and other group activities are the best way to get into the habit of exercising and finding a new hobby.

Pilates

Pilates have many loyal devotees because they offer a challenging workout that is easy on your joints. You will perform a series of controlled movements that can be adapted depending on your fitness level or if you have any injuries. It mainly focuses on your breathing and on strengthening your core, which in turn benefits your back. Pilates are also a favourite amongst athletes who wish to improve their performance in other disciplines.

Yoga

Yoga is an ancient discipline that provides a workout for your body and mind. You have to be in absolute control of your breathing and your movements. Yoga increases your flexibility and it helps you relax and deal with daily stress. Yoga can definitely make you break a sweat but if you are ready for something even more challenging then you can choose Power Yoga. This option involves the same poses but they are performed in a room with an elevated temperature.

Boxing

Boxing offers one of the most complete workouts and it is a great way to blow off some steam after a long day at work. You can amaze yourself regardless of your fitness level. A good [Darwin health club](#) will include all of these classes with your membership, so your only problem will be finding the time to do them all.